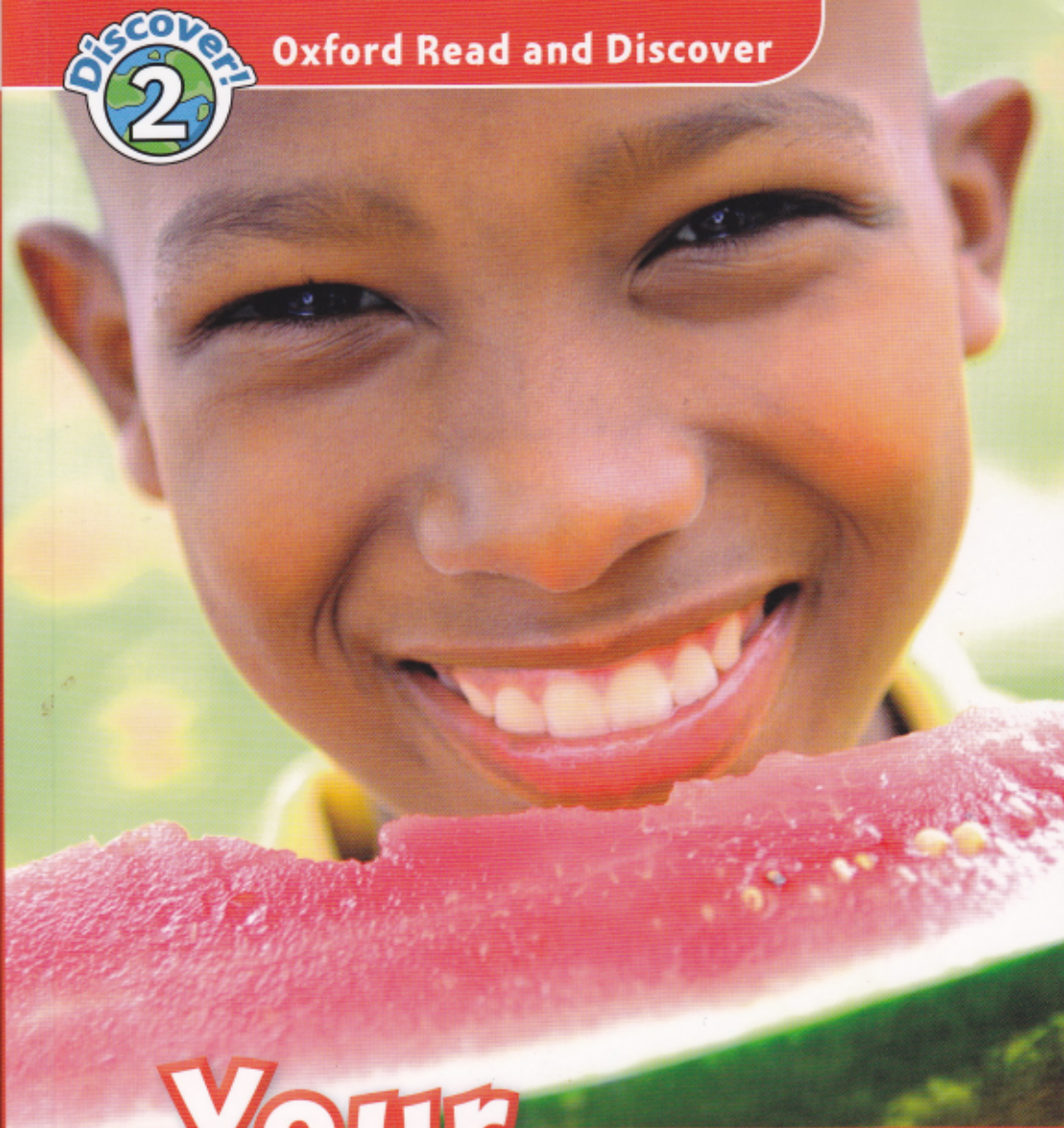




Oxford Read and Discover

A close-up photograph of a young boy with a joyful expression, showing his teeth as he eats a large slice of watermelon. The watermelon is bright red with visible seeds and a green rind. The background is a soft-focus green.

Your Body





Your Body

Louise Spilsbury

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Introduction

Your body is amazing! It helps you to walk, work, and play. It helps you to eat, read, listen, and learn. It's important to protect your body.



How does your body help you?
How do you protect your body?



Now read and discover
more about your body!

1

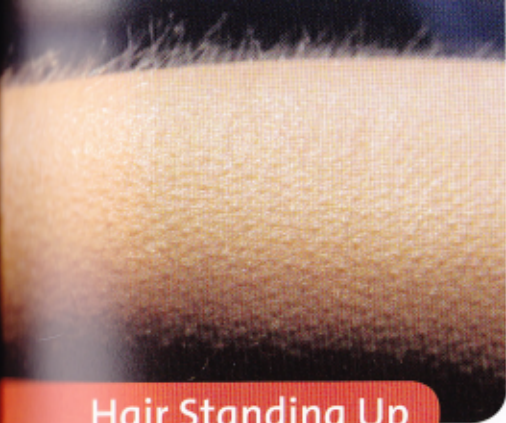
Your Skin and Hair

You have skin everywhere on your body. Your skin helps you to touch things. It helps you to know when things are hot or cold. Skin stops dirt getting into your body. It stops water getting into your body when it's rainy and when you swim.

Water on Skin



skin



Hair Standing Up



Sweat on Skin

Hair grows out of your skin. Hair on your arms and legs stands up when you're cold. This stops your body getting too cold. Your skin makes sweat when you're hot. This stops your body getting too hot.

Protect your body! Wash every day, so you can get dirt and sweat off your skin and hair.

Washing

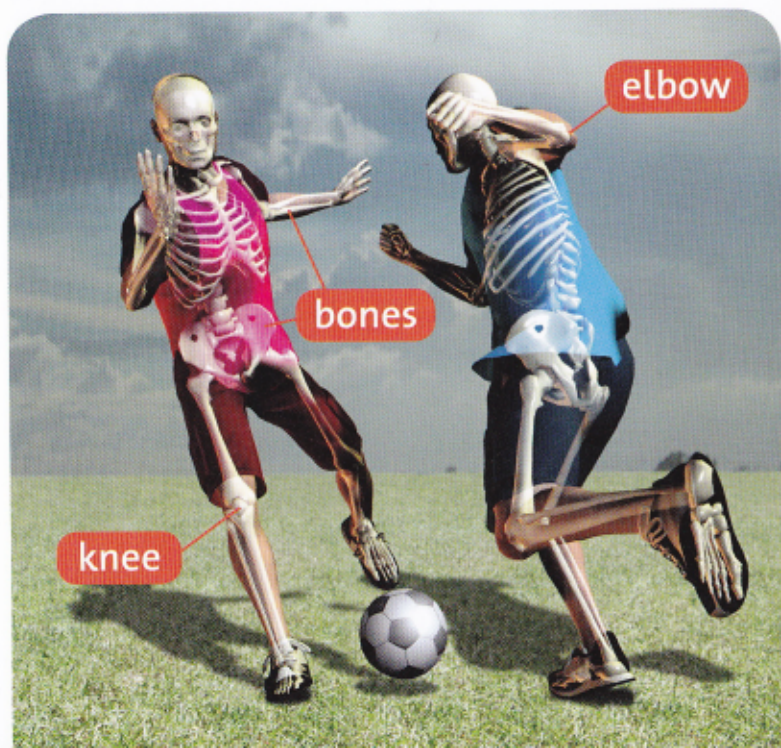


2

Your Bones

There are bones under your skin. These bones make your skeleton. Your skeleton helps you to stand up.

There are joints in your skeleton, too. Bones meet at joints. Elbows and knees are joints. Joints help you to move. Knee joints help you to jump and kick.



A baby has small bones. Bones grow and they make you big and tall.

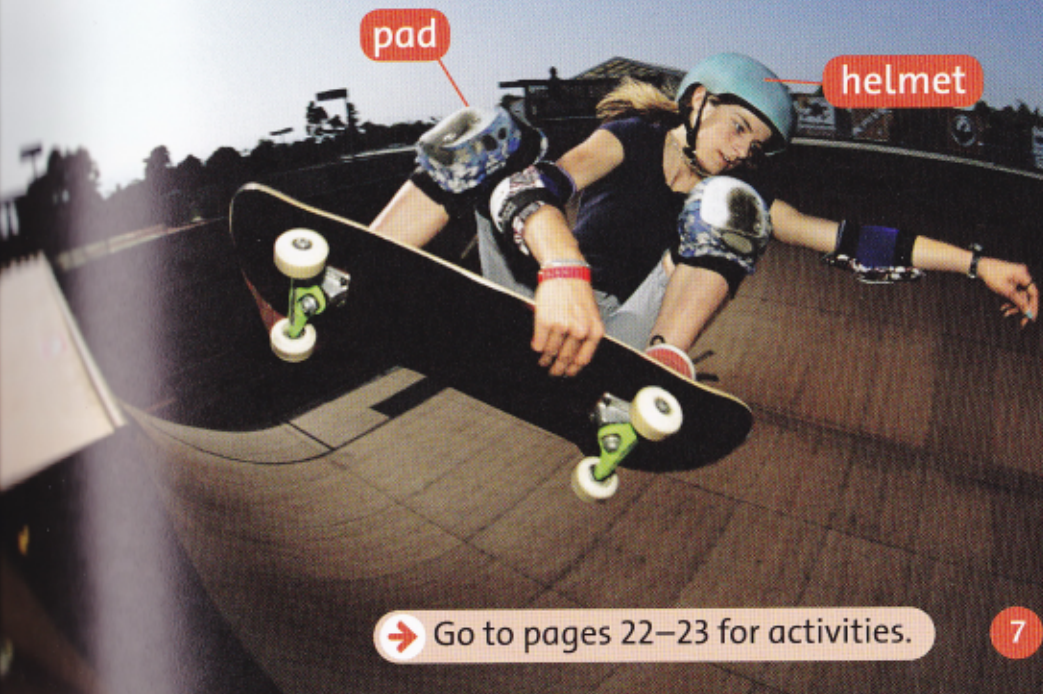


Your bones stop growing when you are about 20 years old. Then there are 206 bones in your body!



Protect your bones! When you ride a skateboard, wear pads to protect your bones and joints. Wear a helmet to protect your head, too.

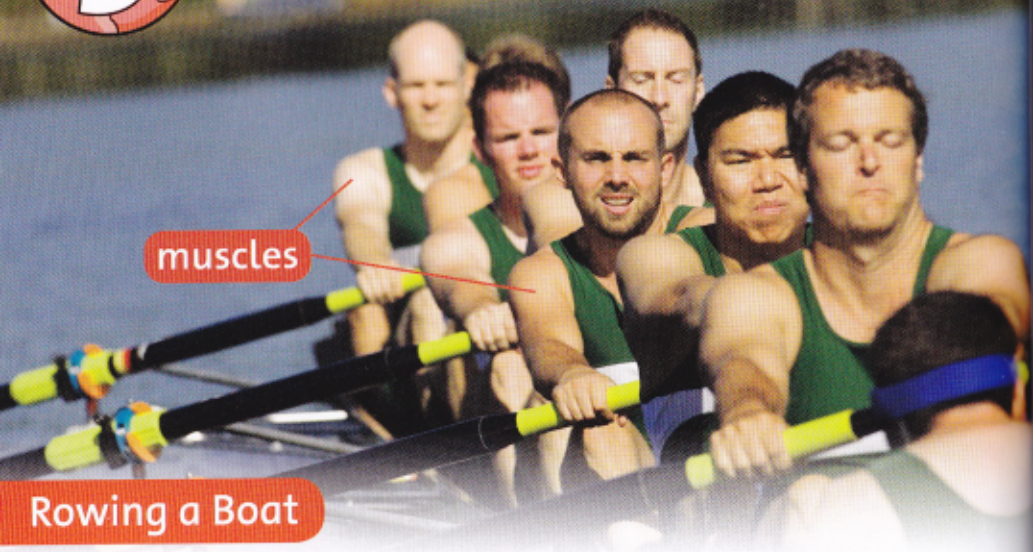
Riding a Skateboard



Go to pages 22–23 for activities.

3

Your Muscles



Rowing a Boat

What helps your bones and joints to walk, run, dance, and jump? Muscles! Muscles pull your bones to move your body. Muscles in your legs help you to ride a bicycle. Muscles in your arms help you to row a boat.



There are more than 600 muscles in your body!



Running, swimming, dancing, and riding a bicycle are types of exercise. Exercise makes your muscles, bones, and joints strong. Your heart is a type of muscle. Exercise makes your heart strong, too.

Protect your body! Do exercise every day. What is your favorite type of exercise?

Dancing



Go to pages 24–25 for activities.

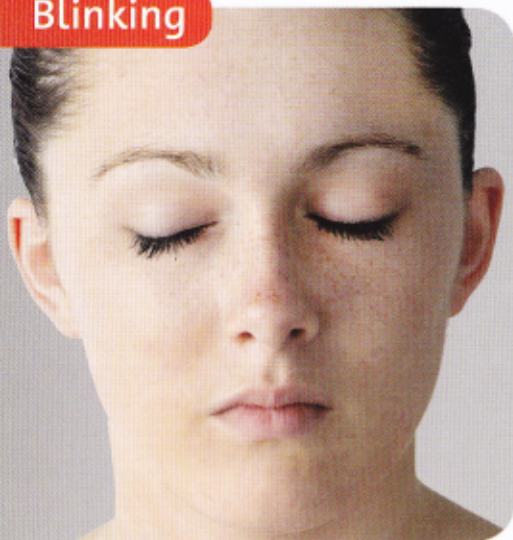


Your Eyes and Ears

Your eyes help you to see the world around you. They open and close many times every day. This is called blinking. When your eyes blink, they wash dirt out of your eyes.

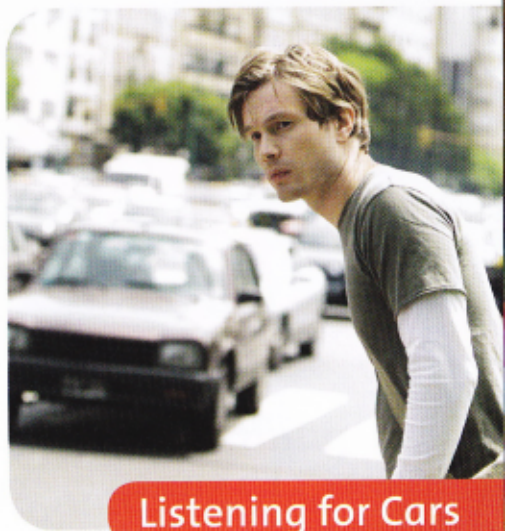
At night your eyes close so you can sleep.

Blinking



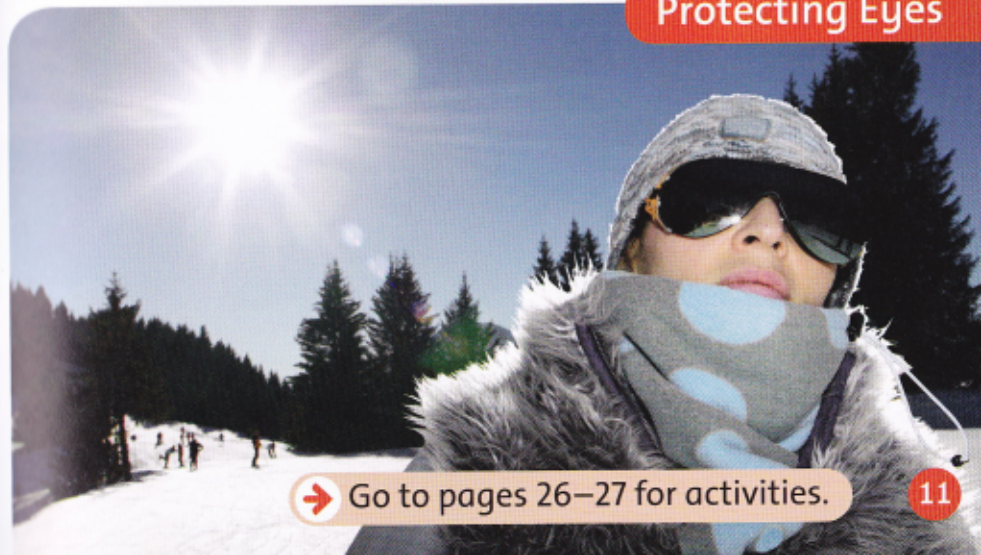
Eyes blink about 15 times every minute!

Your ears help you to listen to music. They help you to listen for cars in the street. Your ears can hear things when you sleep, too!



Listening for Cars

Protect your eyes and ears! On sunny days, wear sunglasses to protect your eyes. Don't listen to very loud music – it's bad for your ears.



Protecting Eyes



Go to pages 26–27 for activities.

5

Your Nose and Mouth

You breathe through your nose and mouth. Your nose and mouth take air into your body. You breathe about 15 times every minute.

Breathing Fast



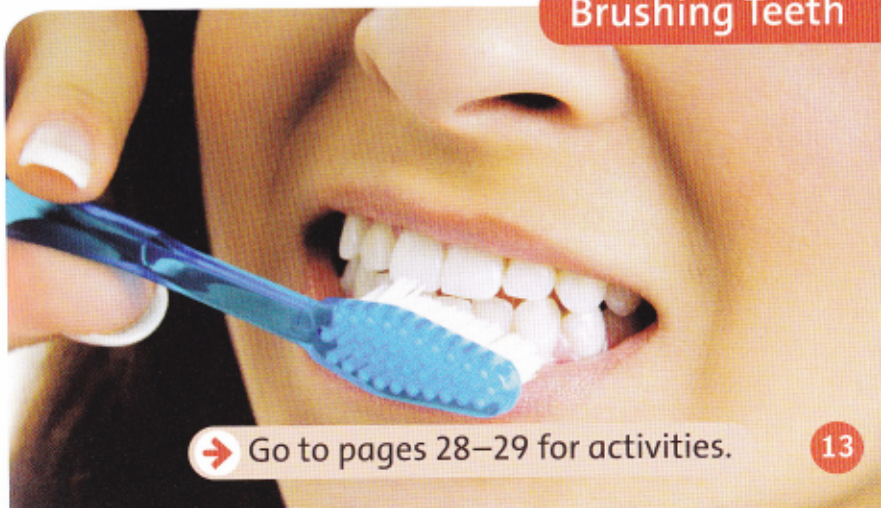
After exercise, people breathe fast. They can breathe 40 times every minute!



Biting Food

Your nose helps you to smell things. Your mouth helps you to talk and eat. Your teeth bite food so you can eat it. Your body uses food to live and grow.

Protect your teeth! Brush your teeth after breakfast and after dinner, and don't eat lots of candy.



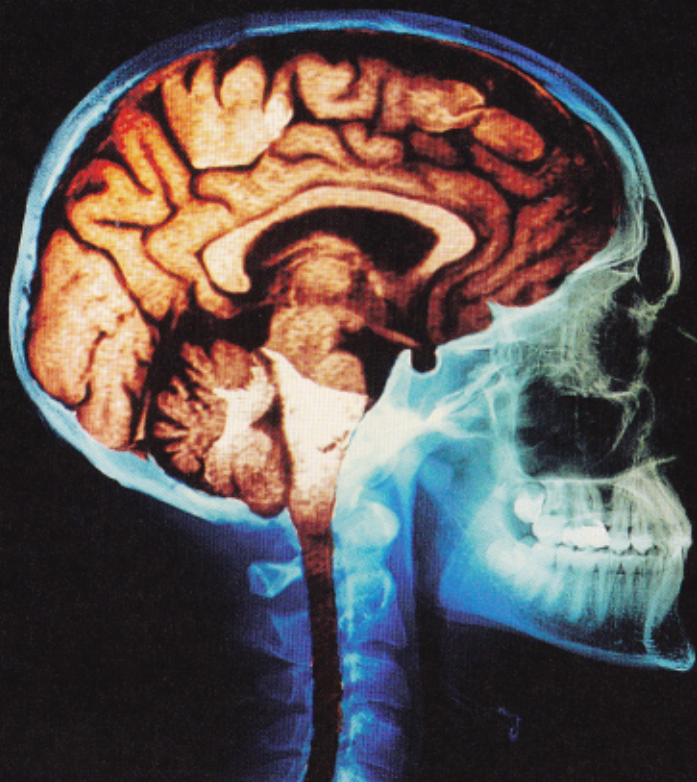
Brushing Teeth

6

Your Brain

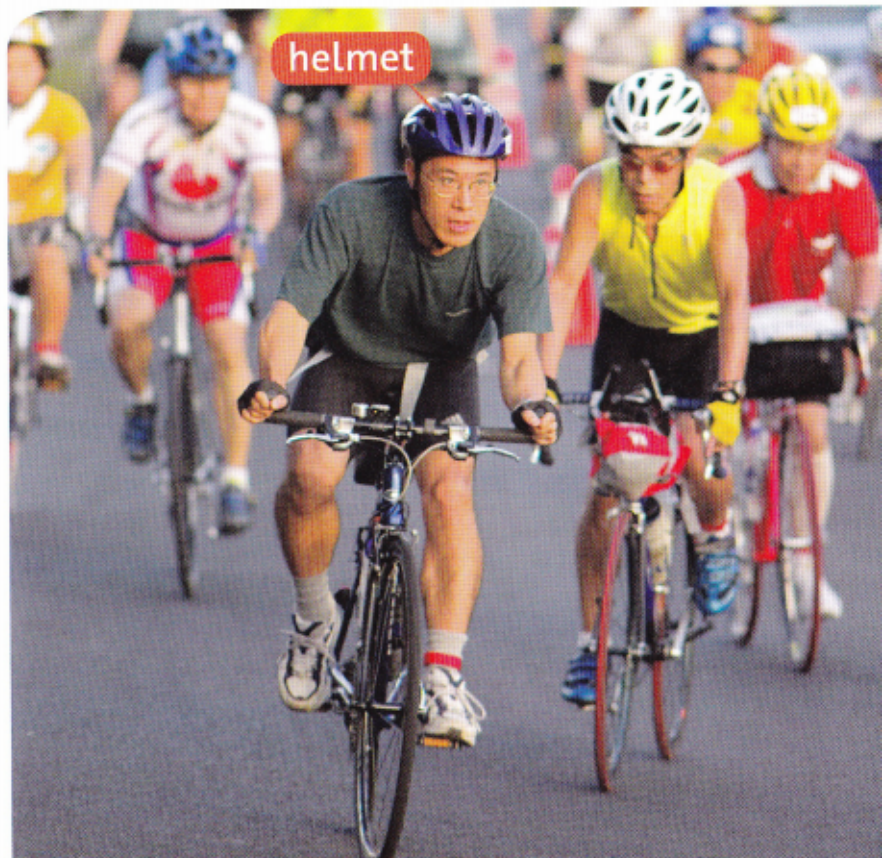
Do you know how you read these words? Your brain tells you what your eyes see! Your brain tells you what you see, hear, and touch. It tells your muscles when to move. It helps you to write, speak, draw, and do puzzles. Your brain is amazing!

A Brain



Your brain works all day and at night when you sleep! At night it makes you breathe and it makes your heart work. At night your brain helps you to remember things that you learn in the day.

Protect your brain! Wear a helmet when you ride a bicycle.



7

Getting Sick

Do you get sick? Germs are things that can make you sick. Germs can get in your body when you breathe and when you eat. Germs can get in your mouth from your fingers, too. Some germs get in your body when you get a cut in your skin.

A Cut in Skin



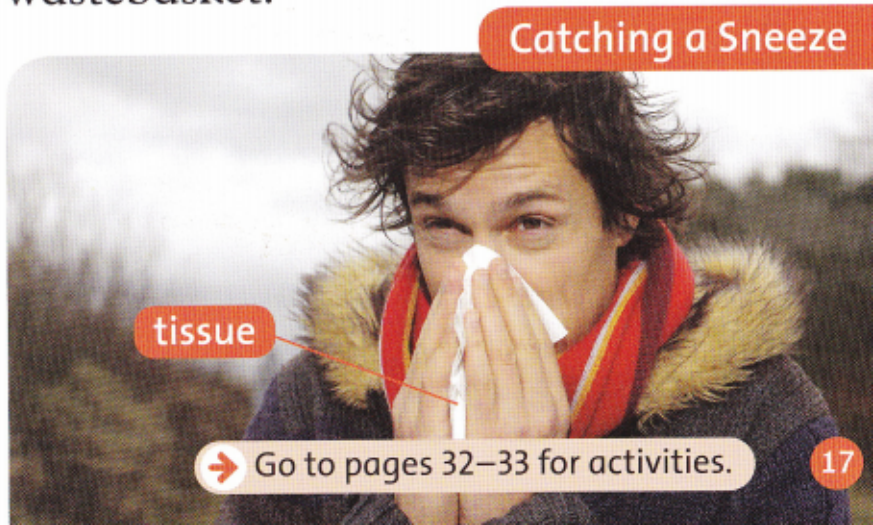
Germs





Wash your hands with soap and water to get germs off your fingers. Wash your hands when it's time to eat, after you go to the toilet, after you touch animals, and after you play outside.

Stop germs! There are germs in a sneeze. Catch sneezes in a tissue. Then throw the tissue in a wastebasket.

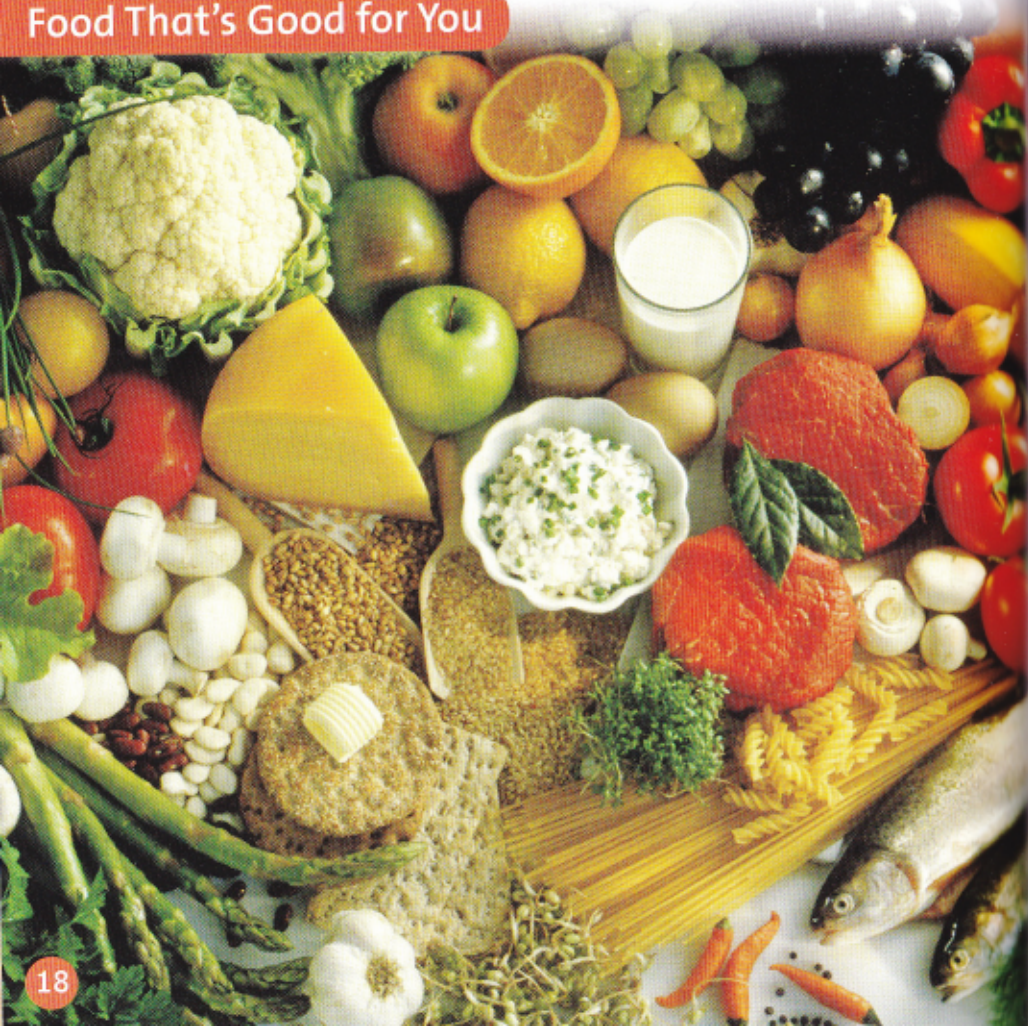


8

Protect Your Body

Eat food that's good for you. Good food helps your bones to grow. It makes you strong, and it stops you getting sick.

Food That's Good for You



There's lots of water in your body. You lose water when you go to the toilet and when your body makes sweat. Drink water every day to protect your body.



Sleeping

Go to the doctor when you get sick, and go to the dentist every year. Do exercise every day. It's good to do exercise and it makes you happy. It's good to sleep when you are tired, too.

It's important to protect your body.

1

Your Skin and Hair

← Read pages 4–5.

1 Write the words. sweat skin hair dirt



1



2



3



4

1 skin

3 _____

2 _____

4 _____

2 Complete the sentences.

dirt cold touch water body

1 You have skin everywhere on your body.

2 Your skin helps you to _____ things.

3 It helps you to know when things are hot or _____.

4 Skin stops _____ getting into your body.

5 It stops _____ getting into your body when it's rainy.

3 Write *true* or *false*.

- 1 Hair grows out of your skin. true
- 2 Hair on your arms and legs stands up when you're hot. _____
- 3 Hair stops your body getting too cold. _____
- 4 Your skin makes sweat when you're cold. _____
- 5 Sweat stops your body getting too hot. _____

4 Answer the questions.

- 1 How does your skin help you?
Your skin helps you to touch things, and to know when things are hot or cold.
- 2 How does your hair help you?

- 3 How can you protect your skin and hair?

2

Your Bones

← Read pages 6–7.

1 Find and write the words.

d	b	b	o	n	e	o	w	s
e	l	b	o	w	b	o	d	y
s	r	j	o	i	n	t	s	o
g	c	k	n	e	e	p	x	t
s	k	e	l	e	t	o	n	e



1 bone



2 s



3 e



4 k



5 j



6 b

2 Circle the correct words.

- Muscles / Bones make your skeleton.
- Your skin / skeleton helps you to stand up.
- Elbows and knees are skeletons / joints.
- Bones / Knees meet at joints.

3 Match. Then write the sentences.

A baby has
Bones grow and
Your bones stop
growing
There are 206 bones

in your body.
when you are about
20 years old.
small bones.
they make you big
and tall.

- 1 A baby has small bones.
- 2 _____
- 3 _____
- 4 _____

4 Circle the odd one out.

- 1 skin baby bones
- 2 joints bones under
- 3 elbows you knees
- 4 small bones body
- 5 joints bones tall
- 6 pads skateboard wear

3

Your Muscles

← Read pages 8–9.

1 Order the words.

1 bones. / your / Muscles / pull

Muscles pull your bones.

2 help / Muscles / you / a bicycle. / to ride

3 a boat. / Muscles / you / help / to row

4 in / 600 / There / body. / more than / are /
your / muscles

2 Find and write the words.

muscles arms legs bones joints body

1 muscles

3 _____

5 _____

2 _____

4 _____

6 _____

3 Write the words.

running swimming jumping dancing
walking riding a bicycle



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

4 Answer the questions.

1 How can you protect your body?

2 Is the heart a type of joint?

3 What makes your heart strong?

4 What is your favorite type of exercise?

4

Your Eyes and Ears

← Read pages 10–11.

1 Match. Then write the sentences.

Your eyes help you
They open and
When your eyes blink,

close many times
every day.
to see the world
around you.
they wash dirt out
of your eyes.

- 1 _____
- 2 _____
- 3 _____

2 Answer the questions.

- 1 How many times do you blink every minute?

- 2 How do your eyes help you to sleep?

- 3 How can you protect your eyes?

3 Circle the correct words.

- 1 Your ears help you to see / listen to music.
- 2 Your ears help you to listen for / move cars in the street.
- 3 Your ears / eyes can hear things when you sleep.
- 4 Very loud music is good / bad for your ears.

4 Order the letters and write the words. Then write the secret word.

1 stlien

2 usmic

3 nusny

4 kinglinb

5 udlo

6 reha

7 wsha

8 esye

9 cselo

10 sare

1 → listen

2 →

3 →

4 →

5 →

6 →

7 →

8 →

9 →

10 →

The secret word is:

5

Your Nose and Mouth



Read pages 12–13.

1 Complete the sentences.

food nose breathe

- 1 Your _____ helps you to smell things.
- 2 Your teeth bite _____ so you can eat it.
- 3 You _____ through your nose and mouth.

2 Match. Then write the sentences.

After exercise
Your nose and
mouth take
People breathe
After exercise
people can breathe

air into your body.
15 times every
minute.
40 times every
minute.
people breathe fast.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

3 Write *true* or *false*.

- 1 Your nose helps you to talk and eat. _____
- 2 Your teeth smell food. _____
- 3 Your body uses food to live and grow. _____
- 4 Brush your teeth to protect them. _____

4 Complete the puzzle.



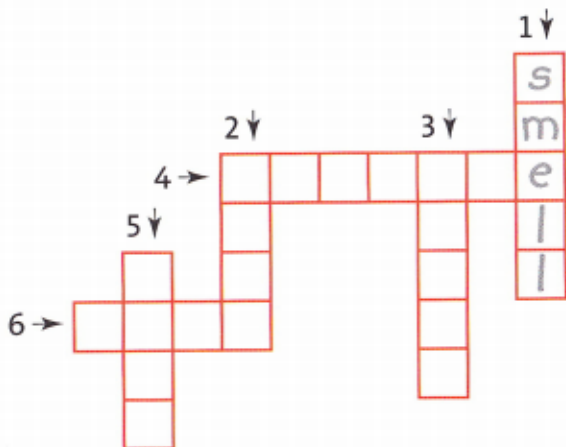
1



2



3



4



5



6

6

Your Brain

← Read pages 14–15.

brain eyes hands
muscles read speak

1 Write the words.



1



2



3



4



5



6

2 Circle the correct words.

- 1 Your brain tells you what your eyes
hear / see.
- 2 Your brain / nose tells you what you see,
hear, and touch.
- 3 Your brain tells your muscles when to
move / smell.
- 4 Your brain / foot helps you to write and speak.

3 Order the words.

1 and at night. / Your brain / works all day

2 your brain / you breathe. / At night / makes

3 makes / At night / your heart / your brain / work.

4 remembers things / that you learn. / Your brain

5 a bicycle. / when you ride / Wear a helmet

4 Circle the odd one out.

1 brain eyes day

2 bicycle hand brain

3 day night work

4 hot brain heart

5 muscles learn read

6 helmet bicycle eyes

7

Getting Sick

← Read pages 16–17.

1 Find and write the words.

f	i	n	g	e	r	s	i	r
x	q	b	r	e	a	t	h	e
s	i	c	k	r	q	p	o	l
z	r	u	m	o	u	t	h	x
m	g	e	r	m	s	c	u	t
s	k	i	n	c	s	r	t	w
m	i	n	i	t	o	u	c	h

- 1 f
- 2 b
- 3 s
- 4 m
- 5 g
- 6 c
- 7 s
- 8 t

2 Circle the correct words.

- 1 Germs are things that can make you sick / happy.
- 2 Germs can get in your body when you breathe / touch.
- 3 Germs can get in your body when you eat / see.
- 4 Germs can get in your mouth on your fingers / toes.
- 5 Germs get in your body / bad when you get a cut in your skin.

3 Complete the sentences.



1 Wash hands with _____ and water to get germs off your _____.



2 It's good to wash your _____ when it's time to _____ and after you go to the toilet.



3 Wash hands after you _____.



4 There are germs in a _____.



5 Catch sneezes in a _____. Then throw the tissue in a _____.

8

Protect Your Body

← Read pages 18–19.

1 Write the words.

water grow sleep
food protect strong



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____

2 Answer the questions.

1 What food is good for you?

2 How does good food help your bones?

3 What is your favorite food?

3 Match. Then write the sentences.

There's lots of
You lose water
You lose
Drink water

every day.
water when your body
makes sweat.
when you go to the toilet.
water in your body.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

4 Complete the sentences.

doctor water dentist
exercise sleep food

- 1 Eat _____ that's good for you.
- 2 Drink _____ every day.
- 3 Go to the _____ when you get sick.
- 4 Go to the _____ every year.
- 5 Do _____ every day.
- 6 It's good to _____ when you are tired.

Project 1

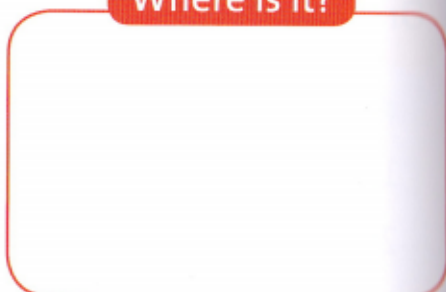
My Body Poster

- 1 Choose a part of the body. Write notes and complete the diagram.

What is it?



Where is it?



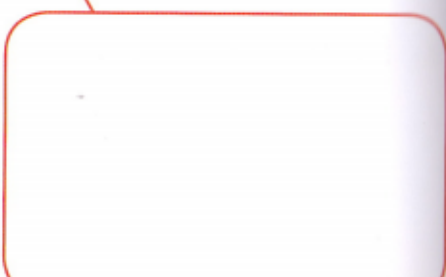
Part of the body:



How does it help you?



How do you protect it?



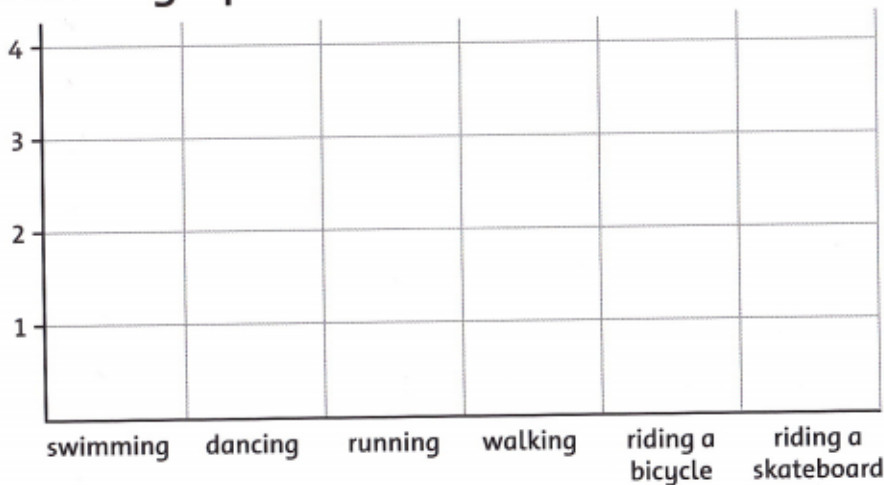
- 2 Find or draw pictures of the part of the body. Make a poster.
- 3 Display your poster.

An Exercise Graph

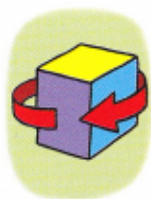
- 1** Ask four friends what exercise they do. Complete the chart.

Do you ...	Friend 1	Friend 2	Friend 3	Friend 4
swim?				
dance?				
run?				
walk?				
ride a bicycle?				
ride a skateboard?				

- 2** Draw a graph.



Picture Dictionary



around



bite



blink



body



bone



brain



breathe



cut



dirt



exercise



fast



food



grow



hair



joints



lose



loud



minute



muscles



protect



pull



remember



skeleton



skin



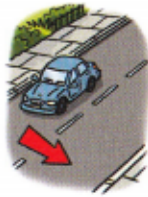
smell



sneeze



soap



street



strong



sunglasses



sweat



world



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Series Editor: Hazel Geatches • CLIL Adviser: John Clegg

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Subject Area Level	The World of Science & Technology	The Natural World	The World of Arts & Social Studies
1 300 headwords	<ul style="list-style-type: none">• Eyes• Fruit• Trees• Wheels	<ul style="list-style-type: none">• At the Beach• Camouflage• In the Sky• Young Animals	<ul style="list-style-type: none">• Art• Schools
2 450 headwords	<ul style="list-style-type: none">• Electricity• Plastic• Sunny and Rainy• Your Body	<ul style="list-style-type: none">• Earth• Farms• In the Mountains• Wild Cats	<ul style="list-style-type: none">• Cities• Jobs
3 600 headwords	<ul style="list-style-type: none">• How We Make Products• Sound and Music• Super Structures• Your Five Senses	<ul style="list-style-type: none">• Amazing Minibeasts• Animals in the Air• Life in Rainforests• Wonderful Water	<ul style="list-style-type: none">• Festivals Around the World• Free Time Around the World
4 750 headwords	<ul style="list-style-type: none">• All About Plants• How to Stay Healthy• Machines Then and Now• Why We Recycle	<ul style="list-style-type: none">• All About Desert Life• All About Ocean Life• Animals at Night• Incredible Earth	<ul style="list-style-type: none">• Animals in Art• Wonders of the Past
5 900 headwords	<ul style="list-style-type: none">• Materials to Products• Medicine Then and Now• Transportation Then and Now• Wild Weather	<ul style="list-style-type: none">• All About Islands• Animal Life Cycles• Exploring Our World• Great Migrations	<ul style="list-style-type: none">• Homes Around the World• Our World in Art
6 1,500 headwords	<ul style="list-style-type: none">• Cells and Microbes• Clothes Then and Now• Incredible Energy• Your Amazing Body	<ul style="list-style-type: none">• All About Space• Caring for Our Planet• Earth Then and Now• Wonderful Ecosystems	<ul style="list-style-type: none">• Food Around the World• Helping Around the World

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Oxford Read and Discover

Your Body

Louise Spilsbury

Read and discover all about your body ...

- **How many bones do you have?**
- **What are germs?**

Read and discover more about the world! This series of non-fiction readers provides interesting and educational content, with activities and project work.

Series Editor: Hazel Geatches

 Audio CD Pack available

Word count for this reader: 855



Level 1
300 headwords



Level 3
600 headwords



Level 5
900 headwords



Level 2
450 headwords



Level 4
750 headwords



Level 6
1,050 headwords

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